

# Skip the Fad Diet – Go the Healthy Way

**Most overweight people would like to lose that extra weight *right away*.** This has created a market for fad diets, pills, and supplements.

**How can I tell if a diet is a “fad” diet?** Signs of a fad diet include:

- miraculous claims and testimonials
- promises of fast weight loss
- rules that make you avoid certain food groups
- a food plan that does not consider your preferences and lifestyle
- suggestions that you can start the diet without consulting your healthcare team



**Do fad diets work?** No! They can make you lose weight over the short-term, but you will gain it back. To lose weight and keep it off, you have to change your eating and physical activity. Fad diets don't result in long-term weight loss and may be bad for your health.

**Are all diets bad?** No, eating healthier is always good for you. Your healthcare provider or dietitian may recommend a special diet. These diets do work in managing problems like diabetes. They also help you manage your weight. You can rest assured that these diets are healthy for you.

**What does work?** Gradually changing your eating and increasing your physical activity does work.

